

The 30-Day Positive Parenting Challenge

One small, doable action a day to strengthen your connection and put the TRICK Method into practice.

Big change comes from small, consistent habits. Check off one action each day. Skip a day? Just pick up where you left off.

Week 1: Trust

1. Give your child one new responsibility.
2. Let her make a decision without stepping in.
3. Follow through on every promise today.
4. Ask her opinion and truly listen.
5. Resist correcting one small mistake.
6. Tell her one thing you trust her to do well.
7. **Reflect:** where did trust grow this week? _____.

Week 2: Respect & Independence

1. Offer two real choices instead of commands.
2. Let her do one task herself, slowly.
3. Knock before entering her space.
4. Speak to her the way you'd want to be spoken to.
5. Teach one new self-care skill.
6. Say yes to a reasonable request you'd usually refuse.
7. **Reflect:** where did she surprise you? _____.

Week 3: Collaboration

1. Hold a 10-minute family meeting.
2. Solve one problem together instead of dictating.
3. Cook or build something as a team.
4. Let her help set one family rule.
5. Ask 'What do you think we should do?'
6. Plan a weekend activity together.
7. **Reflect:** what did teamwork unlock? _____.

Week 4: Kindness

1. Notice and name one act of effort.
2. Repair warmly after any conflict.
3. Share something you're grateful for at dinner.
4. Do one surprise act of kindness for her. Model self-kindness out loud.
5. Write her a short note.
6. **Reflect:** how has your connection changed? _____.

After 30 days

- Pick the habits that worked and keep them. Positive parenting is a practice, not a finish line.